

Spicy Pepper and Onion

Good with grilled steak. Serve over cooked rice, or you can also heat a can of black beans in a saucepan, drain, and serve with the peppers over rice.

Recipe by Elsie Williamson | Created on **Mar 10, 2022**

Ingredients

- 2 tablespoons olive oil, or to taste
- 1 red bell pepper, seeded and thinly sliced
- 1 sweet onion (such as Vidalia®), thinly sliced
- 1 (8 ounce) package assorted sliced mushrooms, or to taste
- 3 cloves garlic, smashed and chopped
- 2 tablespoons Worcestershire sauce
- 2 tablespoons dried parsley
- 1 tablespoon ketchup
- 1 tablespoon dried basil
- 2 teaspoons ground turmeric
- 1 teaspoon red pepper flakes
- ½ teaspoon ground cumin
- 3 pinches cayenne pepper
- 2 tablespoons water

Directions

- Heat olive oil in a large skillet over medium-high heat. Saute bell pepper and sweet onion in hot oil until softened, 5 to 7 minutes. Stir mushrooms and garlic into the pepper mixture; cook until garlic is fragrant, about 1 minute.
- Stir Worcestershire sauce, parsley, ketchup, basil, turmeric, red pepper flakes, cumin, and cayenne pepper into the pepper mixture. Place cover on the skillet, reduce heat to medium-low, and simmer until mixture thickens, 20 to 30 minutes. If mixture is too dry, add water and stir.

Nutrition Facts

Serving: **4 servings** | Calories: **121.6 kcal** | Carbohydrates: **12.5 g** | Protein: **3.2 g** | Saturated fat: **1.1 g** | Sodium: **135.8 mg** | Fiber: **2.8 g** | Sugar: **5.6 g**

Categories

Side Dish

Vegetables

Onion